

Recipe for Roman bread

Follow these instructions to make a simple bread roll, similar to the type that Ancient Roman bakers and soldiers would have made.



Ingredients:

- 125g strong white flour
- 125g strong wholemeal flour
- Half a teaspoon of salt
- 1 sachet dried yeast
- Warm water – enough to create a dough

Equipment:

- Scales
- Large mixing bowl
- Wooden spoon
- Jug for the water
- Board for kneading the dough
- Palette knife
- Non-stick baking tray
- Clean tea towel or clingfilm to cover the bread



Method

1. Firstly, place both types of flour, salt and yeast into a bowl and mix.
2. Then, add warm water to form a dough. Add a little water at a time. Use a large wooden spoon to begin mixing and then use your hands once the mixture starts to form a ball of dough.
3. After that, place the dough on a floured board and take turns to knead it until it is smooth and stretchy.
4. Then, form the dough into two small loaves.
5. Next, place the shaped loaves on a baking tray and cover with clingfilm or a slightly damp tea towel. Put the tray in a warm place to rise, such as a chair near a heater – this is called 'proving'. It will take about an hour but may vary depending on how warm it is.
6. Then, once the loaves have approximately doubled in size, ask an adult to place them in a hot oven (gas mark 7/220°C) for 20–25 minutes to bake.
7. Finally, allow the loaves to cool a little and then remove from the tray. The bread can be served with grapes, olives and olive oil for dipping to create an Ancient Roman meal.

